

HONEY



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The Miracle of Honey

Your Rabb revealed to the bees: *“Build dwellings in the mountains and the trees, and also in the structures which men erect. Then eat from every kind of fruit and travel the paths of your Lord, which have been made easy for you to follow.”* From inside them comes a drink of varying colours, containing healing for mankind. There is certainly a Sign in that for people who reflect.” (Qur’an, 16:69)

Honey is a “healing for men” as stated in the verses above. Nowadays, apiculture and bee products have opened a new branch of research in scientifically advanced parts of the world. Other benefits of honey may be described as below:

Easily digested: Because sugar molecules in honey can convert into other sugars (e.g., fructose to glucose), honey is easily digested by the most sensitive stomachs, despite its high acid content. It helps the kidneys and intestines function better.

Rapidly diffuses through the blood; is a quick energy source: When accompanied by mild water, honey diffuses into the bloodstream in seven minutes. Its sugar-free molecules make the brain function better since the brain is the largest consumer of sugar. Honey is a natural composition of sugars like glucose and fructose. According to recent research, this unique mixture of sugars is the most effective means to remove fatigue and increase athletic performance.

The antibacterial and anti-inflammatory properties of honey were revealed as a result of clinical observations and research. Honey is exceedingly effective in painlessly cleaning up infection and dead cells in these regions and in the development of new tissues. The use of honey as a medicine is mentioned in the most ancient writings. In the present day, doctors and scientists are rediscovering the effectiveness of honey in the treatment of wounds.

Dr. Peter Molan, a leading researcher into honey for the last 20 years and a professor of biochemistry at New Zealand’s University of Waikato, says this about the antimicrobial properties of honey: Randomized trials have shown that honey is more effective in controlling infection in burn wounds than silver sulphadiazine, the

antibacterial ointment most widely used on burns in hospitals. (**“Honey Against Infected Skin Lesions”**)

Supports blood formation: Honey provides an important part of the energy needed by the body for blood formation. In addition, it helps in cleansing the blood. It has some positive effects in regulating and facilitating blood circulation. It also functions as a protection against capillary problems and arteriosclerosis.

Does not accommodate bacteria: This bactericide (bacteria-killing) property of honey is named “the inhibition effect.” There are various reasons for this anti-microbial property of the honey. Some examples are: the high sugar content that limits the amount of water microorganisms need for growth, its high acidity (low pH), and composition which deprives bacteria of nitrogen necessary for reproduction. The existence of hydrogen peroxide as well as antioxidants in the honey prevents bacterial growth.

Antioxidant: Everyone who wants to live a healthier life should consume antioxidants. Those are the components in cells that get rid of harmful byproducts of normal metabolic functions. These elements inhibit destructive chemical reactions that cause the spoilage of food and many chronic illnesses. Researchers believe food products rich in antioxidants may prevent heart problems and cancer. Strong antioxidants are present in honey content: Pinocembrin, pinobanksin, chrysin, and galangin. Pinocembrin is an antioxidant that exists in the honey.

Vitamin and mineral depot: Honey comprises of sugars like glucose and fructose and minerals like magnesium, potassium, calcium, sodium chlorine, sulphur, iron, and phosphate. It contains vitamins B1, B2, C, B6, B5 and B3 all of which change according to the qualities of the nectar and pollen. Besides the above, copper, iodine, and zinc are also present, albeit in small quantities.

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